



WILBRAHAM SENIOR NEWS



45B Post Office Park • Wilbraham, MA 01095

Phone (413) 596-8379 • Fax (413) 596-8546

Volume 21, 9

SEPTEMBER 2015

WELCOME FALL WITH A VISIT TO THE CENTER

After the beautiful summer we had, it is time to visit the Senior Center! Although some of our programs continue in the hot weather, September is the time when everything gears back up. This year, we have some exciting new programs to add to our list. A new Yoga class will start on the 11th. We are also starting a new volunteer program with Mile Tree School. See page 7 for information on how to get involved. We have a trip to New York City in September and an Octoberfest trip in October. And the Friends Dine Out at Villa Rose on September 17th is not to be missed. Never been to the Senior Center? Here is a list of events and programs available:

AARP Tax Assistance
Aerobics
Attorney visits
Blood Pressure Readings
Book Club
Bridge
Chair Exercise
Craft Classes
Dominoes
Financial Speakers
Fitness Equipment
(treadmill, elliptical,
recumbent bike)
Flu Shots

Hearing Test
Jazz Dance Lessons
Jewelry Class
Knitting
Line Dancing
Manicures
Massage Therapy
Men's Breakfast
Monday Lunch
Monthly Special Lunches with
Entertainment
Nutritional Programs
Outrageous Adventures
Pedicare Nurses

Pitch
Podiatrist
Public Use Computers
Quilting Club
Reflexology
Reiki
Rug Making
SHINE Reps (Insurance help)
Tai Chi
Tap Dance Lessons
Trips
Walking Programs
Yoga
Zumba Gold

In addition, we offer the following services on an ongoing basis:

Dump Bag Sales
Food Stamp Applications
Fuel Assistance
Knox Boxes
Library

Medical Appointment
Transportation
Medical Loaning Closet
Public Health Nurse Clinics
PVTA Bus Ticket Sales

SHARPS container distribution
Veteran's Services
Weekly Van Service
Weekend Meals on Wheels

FALL LUNCHEON

Tuesday, Sept. 22,

11:45 a.m. \$4

Chef Harry will serve his famous pork dinner with rice and vegetables.

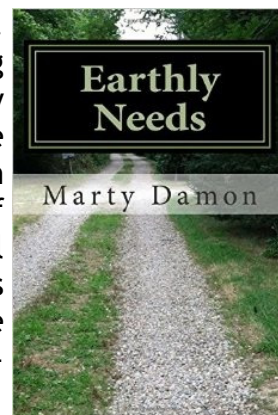
Dessert of ice cream sponsored by Handz-On, Inc. a Springfield agency providing in-home and community based services.

Entertainment Spunk N Sass.

Sign up with payment at Senior Center front desk.

LOCAL AUTHOR MARTY DAMON

On September 28th at 10AM Wilbraham author Marty Damon will visit the senior center. She will be reading from her novel "Earthly Needs". Marty will be available to meet with you and answer any of your questions. She will also have some books for purchase if you are interested. Call 596-8379.



HEALTH & FITNESS PROGRAMS

HEALTH PROGRAMS

Free Blood Pressure Readings, **Tuesdays, 11-12 noon.**

Foot Care Nurse, **September 10**, Cost is \$29.



Podiatrist Cindy Galavotti, **September 2** and cost is \$35. Call 596-8379 for an appointment. Also available for home visits.

Baystate Hearing Aids, **September 9**, 10 a.m. for free hearing aid cleanings & hearing screenings. Free in-home service also available. Call to sign up.

SHARPS containers are available FREE at center, with list of where they can be returned when full.

FITNESS PROGRAMS

Senior Center Fitness Equipment—recumbent bike and treadmill. A Dr's. note and training by Mary Ellen is required prior to first use. See Mary Ellen if you have any questions.

Line Dancing on **Wednesdays at 1:30 p.m.** Beginner Line Dance class on **Fridays at 1:30 p.m.**

Tap Class returns on Thursday, **September 24** at 9:30 am, followed by Jazz Class at 10. Cost is \$2/each class.

Zumba Gold—**Wednesdays at 11 am & Fridays at 10:30 am**, \$5.

Tai Chi, **Wednesdays** at 9 a.m. Free

Chair Exercise, **Tues. & Thurs. at 10 a.m.**

Mary Ellen's Adult Exercise Class, **Tuesdays & Thursdays at 10:40 a.m.**

Gentle Exercise, **Wednesdays, 10:15 a.m.**

SPA PROGRAMS

Sole Food Reflexology—Dawn Dietrich, certified foot reflexologist, will be at the Senior Center on **September 4, 11, 18** for appointments. Cost is \$10.

MANICURES AT THE CENTER—Manicures by Cathy Rasid, licensed manicurist. Basic Manicure \$10, (nail shaping, filing, soaking, cuticle and skin conditioning with clear polish). Nail Polish Application \$10, (nail shaping, filing and Vinyl-Lux Premium Polish). Complete Manicure \$18, includes all above. Call Cathy at 413-335-7422 for a September appointment.

CHAIR MASSAGE AT SENIOR CENTER—

Chair massages, provided by Ann Ambrose, owner of the Massage Center of Wilbraham, will be offered on the 1st Friday of each month. There is no disrobing involved. Cost is \$10 for 10 minute massage. Call 596-8379 to register for **September 4**. Very relaxing!!



Call 596-8379 for appointments!

SPRINGFIELD NEUROLOGY PRESENTATION

Are you or a loved one having memory issues? Are you forgetting things more and more? Join us on **Monday, Sept. 14 at 10 am**, when representatives from Springfield Neurology will be at the Center for a presentation. They are currently participating in a national clinical drug trial for mild to moderate memory impairment or Alzheimer's disease. Their board certified neurologists work with pharmaceutical companies to evaluate the latest medication advances for eligible participants ages 55-85. If you are interested in attending this presentation, please call 596-8379 to register.

MEDICARE OPEN ENROLLMENT



Medicare Open Enrollment will be from October 15, 2015 to December 7, 2015. This is a good time to review your health care insurance plans and drug plans. You can make changes in health insurance plans and drug plans for next year.

Please bring your Medicare card, current medical insurance card, list of your doctors, and a list of your medications. Our SHINE Counselor, Gerry Carney, will be available to guide you through the choices available to you. Due to the high volume of clients, you will need to make an appointment. Open appointment dates are October 9, 16, 23, 30 November 6, 13, 20, 27, and December 4. Please call the Senior Center (596-8379) to schedule an appointment.

DERMA SCAN

How do you know if sunscreen works? Public Health Nurse Lee Giglietti will help us to view the skin were in using the Derma Scan!! The Derma Scan uses ultraviolet (UV) light to show sun damage that is invisible to the naked eye. This is a free event. Please sign up at the Wilbraham Senior Center and join us on Monday Sept.

21st as we learn how to love the skin were in! Call 596-8379 for appointment.



SEPTEMBER EVENTS

SHINE Representative will be here in September. Call for appointment.

BOOK CLUB, Thursday **Sept. 17, 1:30**, Book is Behind The Beautiful Forevers, by Katherine Boo.

QUILTING CLUB, September 10 & 24 at 1:00 p.m.

ATTORNEY DOUGLAS PETERSON, FREE 20 minute consultations on **September 16**. Call for appointment at. 596-8379.

JEWELRY WORKSHOP with Sandy Merrill, **September 16 at 10 a.m.**.. Cost \$3 for class.

MEN'S BREAKFAST in Ludlow on **Friday, September 25 at 8:30 a.m.** Please call to register—596-8379.

AFTERNOONS: PITCH Mondays, 12:30 p.m., **BRIDGE** Fridays, 1 p.m. **KNITTING ETC.** Tuesdays, 1:00 p.m. **RUG MAKING**, Mondays at 1:00 p.m.

SUNCATCHERS

This introductory, hands-on workshop will be taught by instructor/artist Sherry Coulis. She will be teaching the following fusing skills and all participants will be creating 2 fused glass sun catchers. She will help with design layout, working with sheet glass, frits, stringers, millefiori and dichroic glass!!! She will "fire" your project and drop off the following week. She will answer all questions and make sure everyone leaves with the inspiration to continue to make beautiful pieces of art! No experience required. September 23rd 9am-10am, Cost \$25 check payable to Sherry Coulis.


Reiki & Yoga Class

Reiki is an ancient Japanese form of homeopathic healing that helps with general aches and pains, arthritis, relaxation, and sleep. The Center welcomes Carleen Eve Fischer Hoffman, Reiki Master Practitioner. Carleen will be offering Reiki once a month, on the first Wednesday (Sept. 2). Please call her directly at 525-7345 for an appointment. \$10 for 15-20 minute session.

Yoga—new class starts Friday September 11 from 11:40 to 12:40. Senior Yoga taught by Michelle Croze, owner of Harmony Way and certified yoga instructor. Fun class format is for everyone. Class is only \$5 and is a good way to start your weekend. Register at front desk or by calling 596-8379.



SEPTEMBER 2015

Mon	Tue	Wed	Thu	Fri
<p><i>Call 596-8379 for more information or to sign up.</i></p>	<p>1 10–Chair Exercise 10:40-Aerobics 11-Blood Pressure 1-Knitting Etc.</p> <p><i>Around Town</i></p>	<p>2 9-Tai Chi 9:30-Podiatrist 10-Reiki 10:15-Gentle Exercise 11-Zumba Gold 1:30-Line Dance</p> <p><i>Wal Mart</i></p>	<p>3 10-Chair Exercise 10:40-Aerobics</p> <p><i>Stop & Shop</i></p>	<p>4 9-Massage Therapy 10-Reflexology 10:30-Zumba Gold 11:40-Yoga Class 1-Bridge 1:30-Line Dance</p>
<p>7 CLOSED LABOR DAY</p> 	<p>8 10–Chair Exercise 11-Blood Pressure 1-Knitting Etc. 1:30-Red Hat Meeting</p> <p><i>Around Town</i></p>	<p>9 9-Tai Chi 10-Baystate Hearing 11-Zumba Gold 1:30-Line Dance</p> <p><i>Eastfield Mall</i></p>	<p>10 8-Foot Care Nurses 10-Chair Exercise 1-Quilting</p> <p><i>Big Y</i></p>	<p>11 10-Reflexology 10:30-Zumba Gold 11:40-Yoga Class 1-Bridge 1:30-Line Dance</p>
<p>14 10-Neurology Program 10– Fallon Health 12-Sen. Lesser Aide 12:30-Pitch 1-Rug Making 1-Friends Meeting <i>Baked Chicken</i> <i>Big Y</i></p>	<p>15 10-Chair Exercise 10:40-Aerobics 11-Blood Pressure 1-Knitting Etc.</p> <p><i>Around Town</i></p>	<p>16 NY CITY TRIP 9-Tai Chi 10-Jewelry Class 11-Zumba Gold 1-Attorney Peterson 1:30-Line Dance</p> <p><i>Wal Mart</i></p>	<p>17 10-Chair Exercise 10:40-Aerobics 11:30-Dominoes 1:30-Book Club</p> <p><i>Stop & Shop</i></p>	<p>18 10-Reflexology 10:30-Zumba Gold 11:40-Yoga Class 1-Bridge 1:30-Line Dance</p>
<p>21 10-Derma Scan 12:30-Pitch 1-Rug Making <i>BBQ Pork Pattie</i> <i>Au Gratin Potato</i> <i>Stop & Shop</i></p>	<p>22 FALL LUNCH 10–Chair Exercise 10:40-Aerobics 11-Blood Pressure 1-Knitting Etc. 1-Friends Board Mtg.</p> <p><i>Around Town</i></p>	<p>23 9-Tai Chi 9-Glass Fusing Class 10-15-Gentle Exercise 11-Zumba Gold 1:30-Line Dance</p> <p><i>Holyoke Mall</i></p>	<p>24 9:30-Tap Dance 10-Jazz Class 10-Chair Exercise 10:40-Aerobics 11:30-Dominoes 1-Quilting</p> <p><i>Big Y</i></p>	<p>25 8:30-Men's Breakfast (Ludlow) 9-Outrageous Advntr. 10:30-Zumba Gold 11:40-Yoga Class 1-Bridge 1:30-Line Dance</p>
<p>28 10-Marty Damon 2:30-Pitch 1-Rug Making <i>Beef Burgandy</i> <i>Buttered Noodles</i> <i>Mixed Vegetables</i> <i>Big Y</i></p>	<p>29 10-Chair Exercise 10:40-Aerobics 11-Blood Pressure 1-Knitting Etc.</p> <p><i>Around Town</i></p>	<p>30 9-Tai Chi 10-15-Gentle Exercise 11-Zumba Gold 1:30-Line Dance</p> <p><i>Wal Mart</i></p>		

**Thanks to those who have donated to the Friends of Wilbraham Seniors,
Building Fund and Senior Center:**

Senior Center Donations	Gerberick, Francis	Shaw, Frances
Cronin, Marjorie	Gernux, Thomas	Soukup, Jane
Pratt, Judith/James	Harrington, June	Spillane, Jerry/Linda
	Kinsey, William	Sullivan, Robert
FRIENDS DONATIONS	Kowalczyk, David/Nancy	Supernaw, Dolores
Anon	Magee, Alfred/Susan	Testori, Juanita
Casey, Jean	Moore, Jeanne	Trombly, Kent/Joan
Chase, Mary Ann	Orquiola, Meme	Villamaino, Matthew/Jane
Cote, Carol	Pickering, James	Wray, Madeline
Desautells, Johanna	Pino, Barbara	WSC, Kathy Hunter Line Dancers
Dygon, Francis	Post, Jenine	WSC, Pitch Group
Fiore, Angelina	Pratt, Judith	MEMORIAL DONATION
Flanagan, Madeline	Puffer, John	Soukup, Jane -
Follansbee, Ernest	Scott, Lorraine	in memory of Mark Soukup

Help us save on postage—receive this newsletter by email!

If you would like to start receiving the monthly newsletter by email, please send a request with your **name and address** to: pdubord@wilbraham-ma.gov Each month you will be one of the first to receive the newsletter and help us save money.



FROM THE FRIENDS OF WILBRAHAM SENIORS:

Our Postage Reserves Need Some Help Again !

We are appealing to your generosity once again for the postage account. We currently mail the Senior News to approximately 2,200 households in Wilbraham monthly. Currently, that is an expense of over \$325 each month. We would appreciate it if you would help us out again with a donation of \$5, \$10, \$20 or more. We are very proud of the Senior News and the broad and interesting information that it brings to the senior community. It's an interesting fact that seniors represent over 34% of the adult population in our town, the Boomers are another 18% of the adult population. It's also a well known fact that seniors are aging in place. Please lend a hand and help us to build up the postage account. Thank you!

Future Schedule of Friends of Wilbraham Senior Events

September 17, Villa Rose Dine Out — Lunch & Dinner, Villa Rose Donates 20% of bill to Bldg Fund
 September 20, Sunday — Stage show **"XANADU"** Chatham, NY Transportation, Buffett, & Show Included
 October 6, Tuesday, —Mohegan Sun Casino Bus Trip-Transportation Dining & Gambling Chit
 October 22, Thursday, Steaming Tender — Dine Out, 20% of bill donated to Building Fund
 November 21, Saturday, — Holiday Bazaar Crafters-Lunch-Huge Raffle-Santa-& Baked Goods & More
 January 4, 2016 to February 14, 2016 — Friends Money Raffle

—CLIP THIS SCHEDULE AND SAVE

Come to the Villa Rose Restaurant

1428 Center Street in Ludlow

Thursday, September 17, 2015

Support The Friends of Wilbraham Seniors Building Fund
at one of Our Famous Dine Outs

NO COUPON IS NECESSARY

The Villa Rose will generously donate 20% of all receipts all day to the Wilbraham Senior Center Building Fund



Call for reservations for parties of 4 or more
413-547-6667

Come for Lunch or Dinner
Open 12 noon to 8:30 pm

THERE WILL A RAFFLE AND LOTS OF FUN



RED HAT YAYA SISTERHOOD OF WILBRAHAM

We have started our new year and all our officers are installed and ready to go. Ginni McCombe is vice Queen, Martha Talbot is secretary, Evelyn Morris is Treasurer, Deb Gormley is Membership chairlady, Elaine Lavoie is in charge of Publicity; Jane Soukup in our Sunshine person, and Maria Cacela is our Historian in charge of all pictures and scrapbooks. I, of course, am your Queen Mum, and I am also in charge of publishing the handbook. We have no event in September because of our early event in August. Oct 6th is our pot luck at The Gardens at 12:30, but I do not have any chair ladies. We need help chairing these events PLEASE!! Call me (596-9938) and offer to help. Everyone will help. It is not hard trust me. Nov. 13th we are going to Smith College Chrysanthemum and lunch, hopefully, at Wiggins Tavern. Kathy Perry will be taking reservations (283-9891). Christmas Party is at Ludlow Country Club on Dec. 4th, 11:30-12-30 social hour followed by lunch. Kathy Phipps is chair person (596-9938). Jan 15th Let's Do Lunch. Ginni McCombe (525-2916) is the chair at favorite Krazy Jakes. Watch for further information. Feb. 9th is Fat Tuesday and we will have a Mardi Gras for the Red Hat history books. I have a special request for everyone. Please try to wear your red and purple. That is our badge of fun. It was a beautiful summer, watch for the beauty of fall.

Kathy Phipps, your Queen Mum

MILE TREE VOLUNTEERS

Summer is almost a distant memory and schools will open their doors on September 2nd in Wilbraham. Mile Tree's "Building Friendships" welcomes senior volunteers into the classrooms. If you enjoy reading with children, helping with projects, or reinforcing skills with teacher guidance, then we would love to have you join our Mile Tree family for approximately an hour each week. The experience is truly rewarding! Contact Joanne Wilson, Mile Tree School Principal at 596-6921 for further information.



UPCOMING TRIP



Oktoberfest Trip to Platzl Brauhaus Tuesday, October 6th. Hearty German Menu, Beer, Soda and Cider, German Entertainment, Music and Dancing. Bus leaves from Senior Center at 7:15AM and returns at 7:30PM. Cost is \$88. Registration with payment begins at 8AM Tuesday, August 25th.

community calendar

Seniors play free pool EVERY DAY at Frankie B's Billiards & Sports Bar, located at 2957 Boston Rd in Wilbraham. Free play is Monday through Friday, 3 to 6 pm, and Saturdays and Sundays, 12 noon - 6pm. Questions? Call Frankie B's at 596-2423.

The Old Meeting House Museum will have an Open House on Sunday, Sept. 13 from 2:00-4:00. On display will be "Treasures from Our Attic". Event is free and open to the public.

Parkinson's Disease Association's sponsored support group of Springfield's meeting is Wednesday, September 2, 10 am to 12 pm., Jewish Community Center at 1160 Dickinson Street, Spfld. The group welcomes those diagnosed with the disease, caregivers and friends assisting those coping with the disease. This month's speakers are from Tuft's University talking about the Social Self-Management of Parkinson's Disease Study. No registration is required for the support group meeting. If you have questions, call Joyce Dupont at [413-323-4274](tel:413-323-4274) (JdupontB@aol.com).



VETERANS OFFICE NEWS

Under Chapter 115 of Massachusetts General Laws, the state provides a uniform program of financial & medical assistance for indigent veterans and their dependents. Qualifying veterans and their dependents receive necessary financial assistance for food, shelter, clothing, fuel, and medical care in accordance with a formula which takes into account the number of dependents and income from all sources. Eligible dependents of deceased veterans are provided with the same benefits as if the veteran were still living. To see if you qualify, please contact Richard Prochnow. Call **596-8379** for Veteran's Agent.

Commonly Asked questions at the Veterans Office:

Health Benefits- All honorable discharged Veterans are eligible for health benefits. A great resource is the Springfield Outpatient Clinic. They are located at 25 Bond Street Springfield, phone 731-6000. To be in the Veterans' System one needs to fill out a 10 10 EZ form. Once completing the form one will be registered in the system and have access to health benefits. This form can be obtained from our office and the town's website under Veteran Agent site.

The Holyoke Soldiers Home- The Soldiers Home offers an alternative to nursing homes. On my last visit I found the staff very friendly and the building spotless. The facility also has a dental and eye glass clinic. A quick phone call 532-9475 will give you an update on their services.

Flags- The Veterans Office will replace the flags on most town property. When the Veterans Office is notified to lower flags to half staff the proclamation will state all flags or flags on state and municipal buildings. If a flag needs to be replaced please contact the office at 596- 8379.

The MASS Veterans Memorial Cemetery- The Massachusetts Veterans' Memorial Cemetery in Agawam contains 61 acres of land. The cemetery opened in 2001 and as of June 2015, has interred approximately 9,400 veterans and their dependents. The cemetery is run by Director William Walls. The cemetery is located at 1390 Main Street Agawam MA and the contact number is 413-821-9500.

ADS

DIRECTOR OF ELDER AFFAIRS:

Paula Dubord

ACTIVITIES/VOLUNTEER**COORDINATOR:**

Mary Ellen Schmidt

SOCIAL SERVICES**COORDINATOR/VETERAN'S****ADMINISTRATIVE ASSISTANT:**

Barbara Harrington

VETERAN'S AGENT:

Richard Prochnow

PUBLIC HEALTH NURSE:

Lee Giglietti, BS, RN, BSN

MEAL SITE DIRECTOR:

Ruth Bretta

SENIOR AIDE:

Jim Hiersche

WEEKLY VOLUNTEERS

Office: Ann Beardsley,

Evelyn Morris, Dee Mitchell,

Jackie Daniels, Dorothy Soja

Ginnie Rickert

Van: Peter Siuda, Gary Babineau

IF YOU WISH TO UNSUBSCRIBE
FROM THIS NEWSLETTER
PLEASE CALL THE SENIOR
CENTER AT 596-8379

ANNUAL NEWSLETTER FEE OF \$5 payable to the "Friends of Wilbraham Seniors".
Donations to the Friends of Wilbraham Seniors accepted at:

PO Box 705
Wilbraham, MA 01095

Meals served Mon at 11:45 a.m. in the lunch room.
Reservations must be made the Friday before by 10:00 a.m. Call 781-8800, ask for Jean in nutrition. \$2.00 donation requested.

**FRIENDS OF WILBRAHAM SENIORS
WILBRAHAM SENIOR CENTER
45B POST OFFICE PARK
WILBRAHAM, MA 01095-1179**

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Monday-Friday, 8:00-4:00

PVTA Van Service

available by calling 739-7436.

Newsletter available online at
www.wilbraham-ma.gov

COUNCIL ON AGING MEMBERS:

Chairperson: Trant Campbell

Vice Chair: Robert Page

Secretary: Ellen O'Brien

Members: Theresa Munn, Gilles Turcotte,
Marie Valentine, Diane Weston, Father
Panteleimon Klostri

Meeting: 1st Wednesday of each month at
the Senior Center at 4:00 p.m.

The Wilbraham Senior News is mailed monthly by the
Friends of Wilbraham Seniors, Inc., for the Council on
Aging. Typed contributions accepted by the 8th of
each month mailed to:

Wilbraham Senior Center
45B Post Office Park
Wilbraham, MA 01095

Phone (413)596-8379 Fax (413)596-8546

Email: pdubord@wilbraham-ma.gov

SENIOR CENTER VAN TRIPS**MONDAY TRIPS:**

Sept 7—CLOSED

Sept 14—Big Y

Sept 21—Stop & Shop

Sept 28—Big Y

Pick ups begin at 9:00 a.m. All bus trips are \$2 round trip. Space is limited to the first 12 callers. Need to go somewhere in Wilbraham? Around Town Trips on Tuesdays—Call 596-8379 to sign up today.

WEDNESDAY TRIPS

Sept 2—Wal-Mart

Sept 9—Eastfield Mall

Sept 16—Wal Mart

Aug 23—Holyoke Mall

Sept 30—Wal-Mart

THURSDAYS TRIPS

Sept 3—Stop & Shop

Sept 10—Big Y

Sept 17—Stop & Shop

Sept 24—Big Y

